

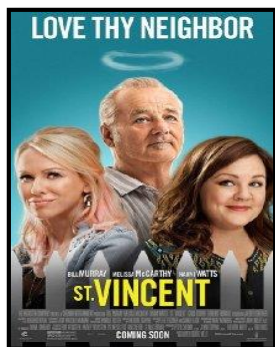
Carlsbad Paradise Café by the Sea

May 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change Reservations: 760-602-4655 ! = 500+MG * = 300-500 MG Sodium	 May 19th	 May 21st	 May 14th	1 Chicken Breast Provençal* Sautéed with Tomatoes, Olives, Capers, White Wine, Bowtie Pasta California Vegetables Garlic Bread Jell-O with Fruit
4 Chicken Marsala Herbed Rice Pilaf Normandy Vegetables Marinated Beet Salad Garlic Bread Fresh Fruit	5 CINCO DE MAYO Beef Tostadas, Refried Beans*, Mexican Rice Fiesta Salad Sour Cream, Salsa Ice Cream, Banana  HAPPY BIRTHDAY	6 Salmon with Hollandaise Sauce* Parsley Potatoes Spinach Tomato Gratin Sourdough Bread Pudding ALTERNATE SALAD Oriental Chicken Salad	7 French Onion Soup* Open-faced Roast Pork Sandwich with Swiss on Italian Bread, Dijonnaise Red & White Cabbage Salad Pineapple Crackers*	8 Mother's Day Special Roast Beef* Au Jus, Horseradish, Baked Potatoes; Sour Cream, Green Onion. Carrots, Spinach Salad with Cranberries & Oranges, Dinner Roll Apple Strudel
11 Spaghetti & Grilled Sausage! Marinara Sauce Parmesan Cheese Italian Vegetables Mixed Green Salad Garlic Bread Fresh Fruit	12 Grilled Marinated Chicken in Garlic Yogurt Sauce Couscous Zucchini & Tomatoes Greek Salad Fruit	13 Pork Carnitas Corn Tortillas, Cumin Rice, Black Beans, Salsa, Sour Cream, Cilantro Cabbage Slaw Flan ½ Orange ALTERNATE SALAD Tarragon Chicken Salad Lettuce, Tomato, Cucumber	14 Meatloaf Mashed Potatoes Mushroom Gravy Stewed Tomatoes, Peas & Carrots, Wheat Bread Ice Cream Free Movie: "St. Vincent" 1 to 3 p.m. AUD	15 Cheeseburgers Cheddar Cheese, Lettuce, Tomato, Onion, Burger Roll Corn Sweet Potato Wedges Fruit Chocolate Chip Cookie
18 Braised Beef Tips Mushrooms & Peppers Red Wine Sauce Noodles Broccoli & Carrots Fresh Fruit	19 Salisbury Steak Sautéed Onions Mushroom Gravy Mashed Potatoes Peas & Carrots Wheat Bread, Ambrosia Free Movie: "The Good Witch" 1 to 3 p.m. Lounge	20 Red Snapper Veracruz Yellow Rice Spinach Tropical Fruit Salad Cookie ALTERNATE SALAD Caesar Chicken Salad	21 Penne with Chicken Sun-dried Tomato Cream Sauce Zucchini with Tomatoes Caesar Salad, Garlic Bread, Pudding Free Movie: "Wild" 1 to 3 p.m. AUD	22 Texas BBQ Beef Baked Sweet Potatoes Ranch Beans* Cranberry Orange Slaw Texas Toast Sherbet
 Senior Center Closed	26 Hawaiian Pork Shredded Cabbage Coconut Rice Roasted Sweet Potato Banana, Dinner Roll ALTERNATE SALAD Tuna Salad on Lettuce, Tomato, Cucumber, Carrots, Croissant	27 Spinach & Cheese Ravioli Alfredo Sauce Parmesan Italian Vegetables Greek Salad, Garlic Bread, Peaches Spring Violin and Piano Concert 1-2 p.m.	28 Chicken Aurora Brandied Tomato Cream Sauce Bowtie Pasta Green Beans Mixed Green Salad Dinner Roll Sherbet w/Mandarins	29 Philly Cheese Steak Sandwich* Provolone Cheese Onions & Peppers Steak Roll Lettuce & Tomato Potato Salad Cantaloupe

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For information call; 760-602-4650

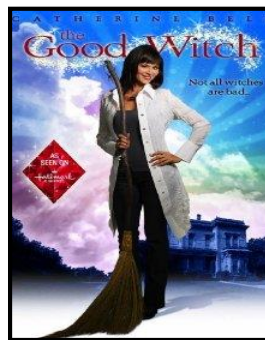


The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—you **need not be a city of Carlsbad resident to dine**. A \$5 lunch fee applies to **non-senior guests** of seniors.

Every Wednesday we offer a salad as an alternate meal. Please specify in advance if you would like the entrée **or** the salad.

Advance reservations can be made in person, by calling [760-602-4655](tel:760-602-4655). Please tell us which day(s) you will be attending

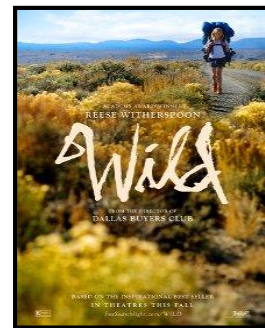
lunch and leave your full name and phone number. Cancellations can be made by calling [760-602-4655](tel:760-602-4655).



Dining room seating is available at 11 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call [760-602-4652](tel:760-602-4652).

Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Tuesdays, Thursdays and Fridays. Appointments must be made in advance. For all transportation reservations, call [760-602-4650](tel:760-602-4650).

Wednesdays, transportation alternates between shopping at Stater Bros./Trader Joe’s, and shopping at Walmart. Call [760-602-4650](tel:760-602-4650) for schedule and reservations. Special transportation options are available every Tuesday for lunch & Bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.



No eligible person will be denied a meal or transportation because of failure or inability to contribute.

This program is supported by the City of Carlsbad,
and Older Americans Act funds through San Diego County Aging & Independence Services.

MAY SENIOR SPECIALS

5/7	1:30 to 3:30 p.m.	Monthly dance: “The Vidals!” Sponsored by: Las Villas De Carlsbad
5/11	1 to 2:30 p.m.	Book Club: “The Boys in the Boat,” by Daniel Brown
5/13&5/27	12:15 to 1 p.m.	Caring Paws Dog Therapy program visits
5/14	1 to 3 p.m.	Monthly movie: “St. Vincent”
5/16	10 to 11:30 a.m.	Crafting with Ana
5/19	1 to 3 p.m.	Armchair Theatre: “The Good Witch”
5/21	10 to 11:30 a.m.	Seminar: Maximizing Your Brain
5/21	12:30 to 4:30 p.m.	AARP Smart Driver Program
5/21	1 to 3 p.m.	Monthly movie #2: “Wild”
5/27	10 to 11 a.m. 1 to 2 p.m.	Wi-Fi & Bluetooth New Photoshop – Selections & Compositing New
5/27	11:15 to 11:45 a.m.	Brain Games Before Lunch
5/27	1 to 2 p.m.	Spring Violin and Piano Concert
5/28	11:30 to 11:30 a.m.	Seminar: The Five Wishes Workshop

** Free legal and physical therapy counsel is available by appointment only.*

Further details available online or in the Seaside Buzz newsletter